

The 7-Day Recovery Protocol

Recover. Reset. Perform.

Morning Reset (10 min)

- 2 minutes of nasal breathing — 4 in, 6 out.
- Cold rinse: 60 seconds at the end of your shower.
- Mobility flow: hips, thoracic spine, ankles.
- Electrolytes + 500ml water before caffeine.

Pre-Training Primer (8 min)

- Dynamic warm-up tailored to today's session.
- Activation work for the prime movers you'll load.
- Set a single intent for the session.

Post-Training Recovery (20 min)

- Down-regulate: 5 minutes of slow box-breathing.
- Velor Magnesium Soak — 20 minutes at 38°C.
- Refuel: 30g protein within 45 minutes.
- Compression or elevation for heavy leg days.

Evening Wind-Down (15 min)

- Screens off 45 minutes before bed.
- Magnesium glycinate, dim light, cool room (18°C).
- Journal: one win, one cue, one thing to release.
- Sleep window: in bed by the same hour, ± 30 min.

Weekly Anchors

- 1 long Zone-2 session (60–90 min).

- 2 full recovery soaks (Tue / Sat).
- 1 sauna or contrast session.
- 1 fully unplugged day — no training, no metrics.